

Complaint Number: 130924
Stavroula Fylaktou Membership number 3006
Sanction decision by Professional Conduct Panel
Determination Hearing 14th July 2026
Appeal 23rd September 2026

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Complaint 130924

Stavroula Fylaktou, Membership Number 3006.

Complaint 130924 was made against Stavroula Fylaktou (the Registrant) on 30 July 2024. The extensive delays in this process coming to hearing were caused by a range of factors. This included there being two prior hearing dates, on account of an adjournment for legal advice to be sought for the Panel at the first arranged hearing date, then needing to change the constitution of the Panel at the second and problems finding dates for all to be present for the third. There had also been delays caused by additional time being requested, and granted, to the defence team for its preparatory work and to ensure the availability of its team.

Determination Hearing on 14th July 2026

Allegations

The allegations were that:

- i. The Registrant held therapy sessions of prolonged and irregular duration that broke conventions of good practice and Service User needs.
- ii. The Registrant fostered a complex relationship with a Service User that broke boundaries, including arranging for the Service User to live with her.
- iii. The Registrant had continued to refer to being a COSRT member on her website despite an interim suspension of her membership.

Relevant parts of the Code of Ethics

The PCP considered whether the following sections of COSRT's Code of Ethics may have been breached:

Paragraph 4: Consider and maintain appropriate boundaries with current and former Service Users or people close to them.

Paragraph 5: Carefully and regularly evaluate any active or potential dual/multiple relationships to ensure no party is or could be harmed, and that the integrity of the profession is maintained.

Findings

Allegation One

The PCP, considering paragraph 4 of the Code of Ethics, upheld Allegation (i), finding that the length, regularity and circumstances around the sessions did not amount to maintenance of appropriate professional boundaries. The PCP considered that frequent departures from therapeutic boundaries risked fostering dependency, blurring the structure of the therapeutic relationship, and diminishing the distinction between professional and personal support. There was a lack of documented clinical rationale or supervisory consideration, which further increased these risks.

Allegation Two

This was admitted by the Registrant.

Allegation Three

This was admitted by the Registrant.

Decision

The PCP found that all three allegations breached the Code of Ethics, under paragraphs 4 or 5, and met paragraph 1.2 of the Conduct Procedure. Allegation (i) was deficient performance under paragraph 1.2a; Allegation (ii) was misconduct under paragraph 1.2c; and Allegation (iii) was deficient conduct outside practice relevant to fitness to practise under paragraph 1.2b.

Sanctions

The Panel took into account the overwhelmingly obvious nature of the breach that was the Registrant having moved in with the complainant and overall, the lack of insight by the Registrant into the issues around the need for the maintenance of appropriate professional boundaries. Considering these points and having satisfied itself that no lesser sanction would be sufficient, it found that the appropriate sanction would be a termination of the Registrant's membership.

Appeal heard on 23 September 2026

The Decision was reviewed on 23 September 2026 by an Appeal Panel.

In the Appeal Panel's decision, Allegation (iii) was overturned on account of COSRT counsel having withdrawn this allegation at the PCP hearing. It also held that the PCP had fallen into error in suggesting there had been a failure to set out session duration in the relevant therapeutic contract and that there had been a financial motivation behind her entering into a flat sharing arrangement. The Panel took the view that the impact of these errors were not however material to the overall sanction. The order of termination of membership was not wholly disproportionate to the findings and should be maintained.

Termination of Membership Notice

COSRT have terminated the membership of Stavroula Fylaktou by its decision on 23 July 2026, and as upheld by a decision of an Appeal Panel dated 29 September 2026, due to breaches of paragraphs 4 and 5 of the Code of Ethics. The Registrant's name has been removed from the COSRT Register.

As membership has been terminated, this notice will stay on the website for a minimum of five years.